



4 SIMPLE STEPS

to make a big difference, just remember to:

T

ake the time

In your day-to-day chats, check in with those around you and make an effort to ask people how they are doing.

A

sk twice

“I’m fine” can be an instant response when people ask how we’re doing. Asking a second time can lead to a more honest and open response.

L

earn to listen

Allow people the time needed to talk about their feelings. It may not come all at once, but make sure you’re letting them say what they need to.

K

eepest it up

Don’t stop with one chat. Remember to continue checking in to see how those closest to you are doing.

ymca.org.uk/smalltalks

**small talks,
big difference**

YMCA

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Here for communities
Here for you